

# BEHAVIORAL RISK FACTORS FOR RAMSEY COUNTY, 1999-2004

	Ramsey County 1999-2004	ND 2003 or 2004 Prevalence % (95% CI)	US 2002 or 2003 Median % (Range)
<b>Activity Limitation and Quality of Life</b>			
Percentage who reported a limitation in any activities due to an impairment or health problem.	17.7 (12.7-22.8)	16.1 (14.6-17.5)	18.3 (11.2-26.4)
Percentage who reported any days in the past 30 during which pain made it hard to do usual activities.	30.9 (20.4-41.4)	20.6 (18.8-22.3)	23.2 (18.3-29.7)
Percentage who reported 14 or more days in the past 30 during which they felt sad, blue or depressed.		6.5 (5.5-7.5)	8.2 (5.3-13.9)
Percentage who reported 14 or more days in the past 30 during which they felt worried, tense or anxious.	18.6 (9.6-27.6)	13.1 (11.7-14.5)	14.5 (7.8-19.7)
Percentage who reported 14 or more days in the past 30 during which they did not get enough sleep or rest.	22.4 (12.7-32.0)	24.3 (22.4-26.2)	24.6 (12.8-33.2)
Percentage who reported 8 or more days in the past 30 when their physical health was not good.	9.1 (5.3-12.9)	11.1 (9.8-12.3)	12.8 (7.9-21.1)
Percentage who reported 8 or more days in the past 30 when their mental health was not good.	6.6 (3.6-9.6)	10.2 (7.0-11.4)	12.9 (7.4-18.5)
Percentage who reported 8 or more days in the past 30 when their physical or mental health keep from usual activities.	5.1 (2.3-7.9)	5.7 (4.8-6.6)	7.8 (4.9-13.7)
<b>Alcohol Use</b>			
Percentage who reported heavy drinking (>2/day for men, >1/day women).		5.7 4.7-6.8	5.7 (2.2-8.6)
Percentage who reported having five or more drinks on one occasion at least once in past month.	20.5 (12.4-28.6)	21.3 (19.5-23.1)	16.5 (6.6-24.2)
<b>Arthritis</b>			
Percentage who reported ever being told by a doctor that they had some form of arthritis.	27.2 (18.8-35.6)	27.5 (25.8-29.2)	27 (16.4-37.2)
Percentage who reported current (past 30 days) pain, aching or stiffness around a joint lasting longer than three months.	34.8 (25.5-44.2)	38.4 (36.5-40.4)	36.5 (21.2-47.1)
Percentage who reported being limited in any usual activities because of arthritis or joint symptoms.	16.1 (8.6-23.6)	11.4 (10.2-12.6)	13.2 (8.3-20.9)
<b>Asthma</b>			
Percentage age 18 and older who report ever having been told by a doctor, nurse or other health professional that they had asthma.	7.3 (3.9-10.7)	10.0 (8.9-11.3)	11.7 (9.2-20.7)
Percentage who reported current asthma.	5.4 (2.5-8.3)	7.0 (6.0-8.0)	7.6 (4.5-10.8)
<b>Cholesterol Awareness</b>			
Percentage who reported that they have never had their cholesterol checked.	32.1 (24.3-39.8)	24.8 (22..9-26.8)	23.1 (14.8-29.5)
Percentage who reported being told they had high cholesterol among those who ever had their cholesterol checked.	33.8 (25.5-42.1)	32.7 (30.6-34.7)	33.1 (26.9-38.2)
<b>Colorectal Cancer Screening</b>			
Percentage age 50 and older who reported that they have not had a fecal occult blood test in the past two years.	53.7 (43.5-63.9)	76.1 (73.7-78.6)	72.9 (57.2-81.5)
Percentage age 50 and older who reported that they have not a sigmoidoscopy or colonoscopy in the past five years.	49.3 (39.1-59.5)	60.1 (57.2-63.1)	57.0 (44.3-62.9)
Percentage age 50 and older who reported that they have never had a sigmoidoscopy/colonoscopy.	38.3 (28.7-47.8)	49.7 (46.8-52.7)	49 (37.8-54.1)
<b>Diabetes</b>			
Percentage who reported that they had ever been told that they had diabetes, except during pregnancy only.	6.7 (3.5-9.8)	6.2 (5.3-7.1)	7.2 (4.7-11.0)
<b>Folic Acid</b>			
Percentage of women age 18-44 who do not know that folic acid can prevent birth defects.	60.2 (46.2-74.2)	39.9 (35.6-44.3)	52.5 (27.1-58.5)
<b>Health Care Access</b>			
Percentage who reported no health insurance or other health care coverage.	13.1 (8.6-17.7)	11.4 (10.0-12.9)	14.5 (6.9-30.4)
Percentage who reported being unable to see a doctor due to cost one or more times during the past 12 months.	7.9 (3.1-12.7)	6.8 (5.8-7.8)	11.9 (6.3-22.4)
Percentage who reported that they did not have one person that they considered to be their personal health care provider.	16.5 (10.8-22.3)	23.6 (21.8-25.4)	19.1 (10.5-34.7)
<b>Health Status</b>			
Percentage who reported that in general their health was fair or poor.	15.8 (11.2-20.4)	13.2 (11.9-14.5)	14.9 (10.7-35)

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<b>Heart Attack and Stroke</b>			
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a heart attack or myocardial infarction.		4.2 (3.4-4.9)	3.9 (1.8-7.4)
Percentage who reported ever being told by a doctor, nurse or other health professional that they had angina or coronary heart disease.		4.2 (3.4-4.9)	4.4 (2.1-8.7)
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a stroke.		1.8 (1.3-2.3)	2.2 (1.2-4.1)
Percentage who report heart attack, heart disease or stroke.	10.5 (5.0-15.9)	7.3 (6.3-8.2)	7.5 (4.1-14)
<b>Hypertension Awareness</b>			
Percentage who reported being ever told by a health care professional that they had high blood pressure.	26.3 (18.9-33.8)	24.1 (22.4-25.7)	24.8 (18.8-33.6)
<b>Immunization</b>			
Percentage age 65 and older who reported that they had not had an influenza vaccine within the past 12 months.	28.8 (17.3-40.3)	27.0 (23.5-30.4)	30.1 (19.7-65.1)
Percentage age 65 and older who reported that they had never have a pneumococcal vaccine.	34.1 (21.5-46.6)	28.8 (25.2-32.4)	35.5 (27-68.4)
<b>Injury Control</b>			
Percentage who reported that they did not always use a seatbelt.	52.9 (39.4-66.4)	47.6 (45.6-49.7)	23 (7.4-47.6)
Percentage age 65 and older who reported having fallen in the past three months.		11.8 (9.4-14.3)	13.5 (8.5-19.4)
<b>Nutrition</b>			
Percentage who reported that they did not usually eat five servings of fruits and vegetables per day.	80.8 (73.1-88.6)	78.5 (76.8-80.1)	77.4 (66.1-84.6)
<b>Obese and Overweight</b>			
Percentage who are either overweight or obese based on self-reported height and weight.	66.8 (60.7-72.8)	63.0 (61.0-65.0)	60.1 (50-64.9)
Percentage who are overweight but not obese based on self-reported height and weight.	44.8 (38.6-51.1)	39.3 (37.2-41.3)	36.7 (31.9-40.7)
Percentage who are obese based on self-reported height and weight.	21.9 (16.7-27.1)	23.8 (22.0-25.5)	22.8 (16-28.4)
<b>Oral Health</b>			
Percentage who reported that they had not visited a dentist or dental clinic within the past two years.	19.4 (13.6-25.2)	18.8 (17.2-20.4)	17.1 (14.4-21.6)
Percentage who reported that they had six or more permanent teeth removed due to tooth decay or gum disease.	24.4 (18.1-30.8)	18.3 (16.8-19.8)	17.6 (10.4-33.8)
<b>Physical Activity</b>			
Percentage whose self-reported physical activity level did not meet the recommendation for moderate or vigorous physical activity.	48.9 (39.9-57.8)	51.1 (49.0-53.2)	52.8 (41.5-66.2)
Percentage who reported no leisure time physical activity.	23.8 (18.3-29.3)	23.7 (22.1-25.4)	23.1 (15-45.2)
<b>Sun Exposure</b>			
Percentage who reported having had sunburn in the past 12 months.	34.0 (25.4-42.7)	42.8 (40.7-44.8)	34.5 (12.9-51.7)
<b>Tobacco</b>			
Percentage who reported current smoke cigarette smoking some days or everyday.	25.0 (19.5-30.5)	20.5 (18.9-22.2)	22.0 (9.9-34)
Percentage of smokers who reported that during the past 12 months they had stopped smoking for one day or longer because they were trying to quit	45.4 (30.4-60.4)	51.5 (47.0-56.1)	52.7 (45.6-61.3)
Percentage of men who report current smokeless tobacco use.		5.1 (4.1-6.1)	3.8 (0.2-7.6)
<b>Women's Health</b>			
Percentage of women ages 40 and over who reported that they have not had a mammogram within the past two years.	25.3 (14.6-35.9)	23.0 (20.4-25.6)	23.8 (18.8-36.4)
Percentage of women ages 18 and older with a uterine cervix who reported that they have not had a pap smear within the past three years.	15.6 (7.1-24.2)	13.9 (11.8-16.1)	11 (4.6-22.3)
<b>Men's Health</b>			
Percentage of men ages 40 and over who reported that they have not had a PSA within the past two years.	48.1 (31.7-64.5)	50.3 (46.5-54.1)	46.9 (43.9-56)
Percentage of men ages 40 and older who reported that they have not had a digital rectal exam within the past two years.	53.0 (36.8-69.2)	44.5 (40.8-48.2)	44.8 (40.7-54.7)

